

FIG. 1.

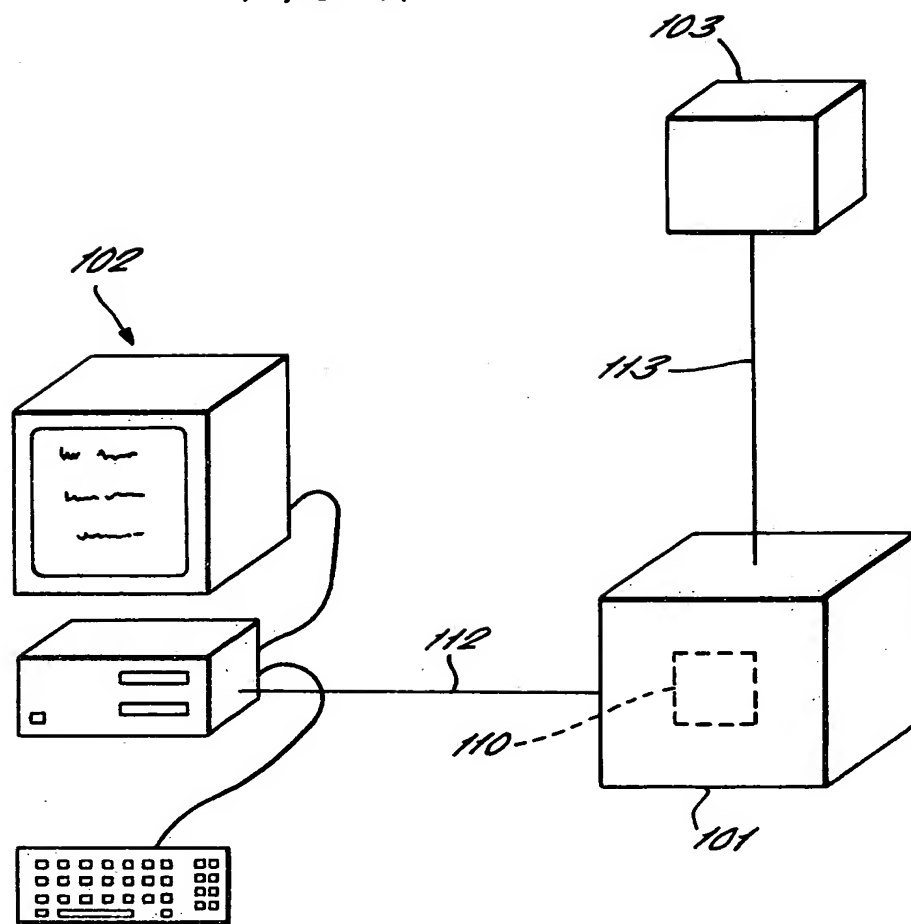




FIG. 2.

200



click logo to return



You are logged in as athlete | Joe Keen

Log out


Welcome to Skatesmart PTS™

Your optimal route to skating success

Skatesmart™ will assist and encourage you to excel as a skater, fulfilling your maximum potential. By analysing the training information you enter Skatesmart™ will generate unique optimal training advice. With regular use Skatesmart™ will develop a comprehensive 'profile' of you as a skater and generate higher levels of training proposals accordingly. Skatesmart™ covers all the core disciplines of an ice-skating athlete such as nutrition, fitness, psychology and injury. The 'users guide' is accessible in the bottom left of the screen, and any 'key area' updates required are shown below. Let Skatesmart™ give you the advantage of science, and enhance your skating success.

Nutrition	Competitions	Fitness	On Ice	Goal Setting	Injury	Updates
<p>You need to update your diet</p> <p>Completed Days In Last Week: 0</p> <p>nutrition status > set your diet ></p>	<p>You have 2 competitions approaching</p> <p>view competitions > add competition ></p>	<p>You have not yet completed a fitness test</p> <p>training status > assess fitness ></p>	<p>Your on-ice training results are up to date</p> <p>on-ice status > view schedule ></p>	<p>Your goal setting is up to date</p> <p>goal setting ></p>	<p>You have no current injuries</p> <p>assess injury ></p>	<p>You need to update your height and weight</p> <p>update ></p>



click here for help



201 202 203 204 205 206 207

FIG. 3.

300

club dude area

change your profile

legal

You are logged in as coach | coach coach

Log out

Fitness Status Assessment

Athlete: Joe Keen

The table below shows the number of days until an athlete needs to update their fitness assessment data.


Test	Test Area	Update Due
Pushups	Core Stability	8 days
Situps	Core Stability	8 days
Vertical Jump	Strength	7 days
Long Jump	Strength	7 days
Sit and Reach	Flexibility	Now
1. Mile Run	Cardiovascular	33 days
Shuttles	Cardiovascular	36 days

To view your athlete's progress graphically please click below:

View Progress Graphs

View Fitness Profile

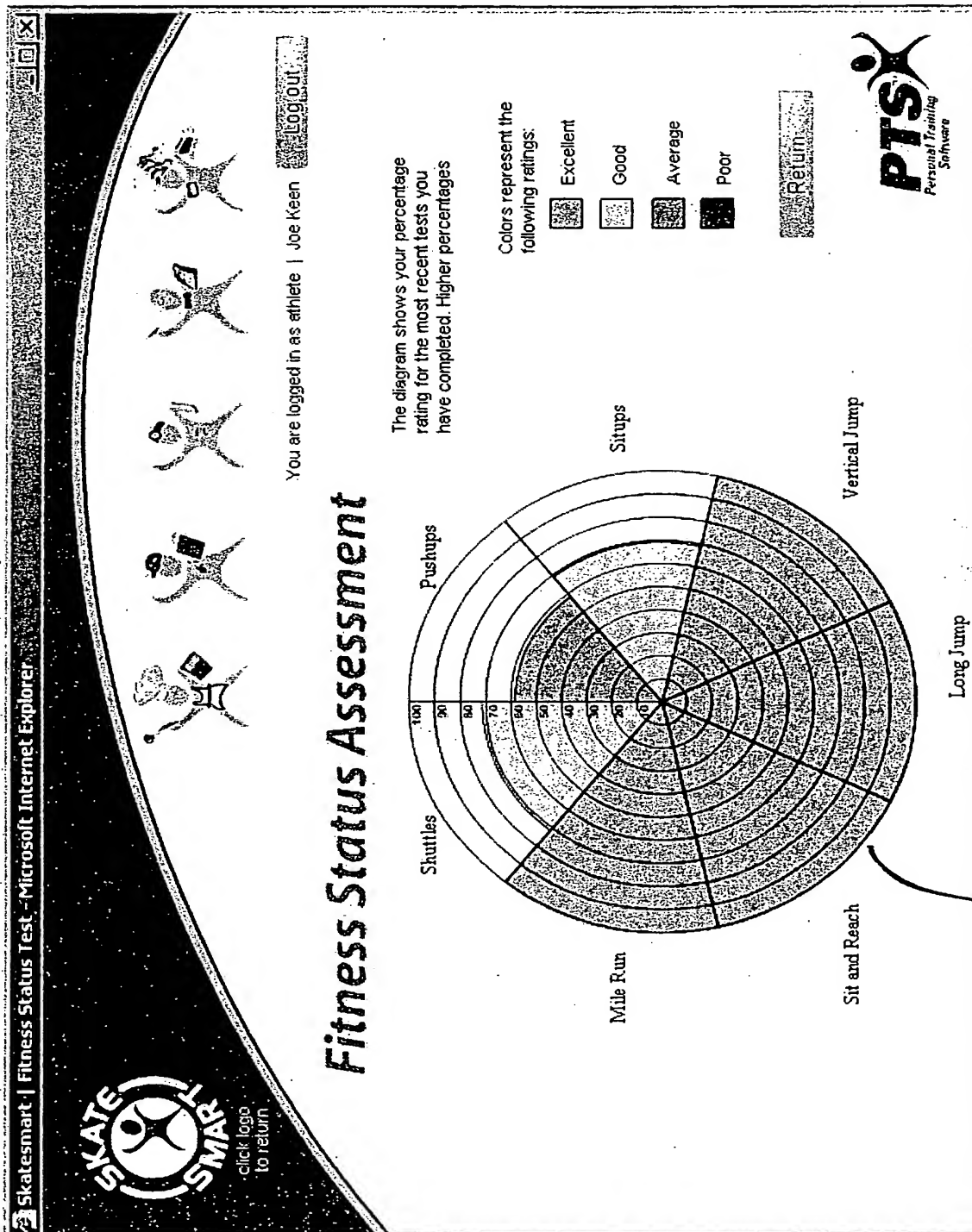
Return To Athlete Details



301

FIG. 4.

400



401

FIG. 5.

503 510 500 501

Skatesmart | Goal setting - Microsoft Internet Explorer

You are logged in as athlete | Joe Keen

Log Out

Goal setting

Details

Here are the details of your goal settings. If you want to print a copy, click on the 'view printable report' button. Click 'done' when you have finished.

Your dream goals

- I want to complete my 4:00 program
- I want to win the regional competition

Your long-term goal:

Win the Midwest regional competition

Your factors

Technical factors

- Clean edges (rating = 3)
- High jumps (rating = 4)
- Centered spins (rating = 5)

Mental factors

- Maintaining concentration throughout the routine (rating = 0)

Your outcome goals

No 3 Month Goals

6 Month Goals

- To win a gold medal

12 Month Goals

- wef

Your strengths and weaknesses

Weaknesses

Cardio-vascular (heart and lungs)

- Specific goal: cqcqwc
- Plan of action: qwcwqc

Flexibility

- Specific goal: cqwqcwqc

View Performance Profile Graph

Done

View Printable Report


502

505 504 506

FIG. 6.

600

601



Skatesmart | Goal setting - Microsoft Internet Explorer

You are logged in as athlete | Joe Keen

[Logout](#)

Goal setting

Outcome goals

Choose a time period to work with from the right.

Outcome goals set a target based on the result or outcome of a performance in relation to others, e.g.

- to finish in the top ten in the rankings.
- to reach the semi finals of a tournament.
- to win an event.
- to beat a certain competitor. This type of goal is the one that most athletes set for themselves and is probably the type most often set by coaches.
- One of the important features of an outcome goal is that it is very easy to measure and subsequently decide whether you have been successful in achieving the goal.
- The problem with outcome goals is that they are sometimes not achieved and this can cause a decrease in self-confidence.
- Main strength: Setting outcome based goals provide a good source of motivation in both training and competition.

3 months

Please select an event from the drop-down box.

3 months

Type at least one outcome goal. You may enter up to 3 goals within each time period.

1

2

3

[Cancel](#) [Save](#)


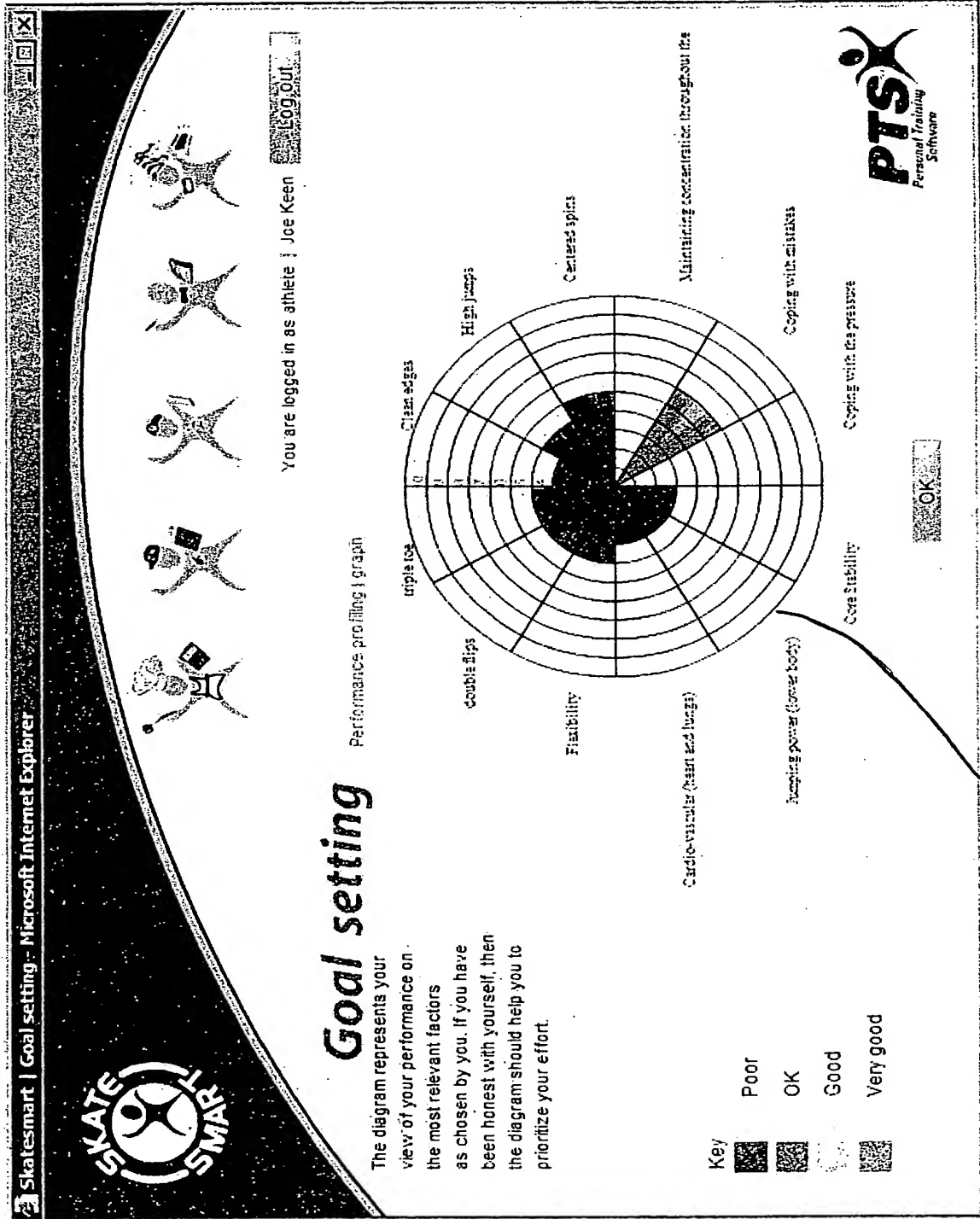


FIG. 7.

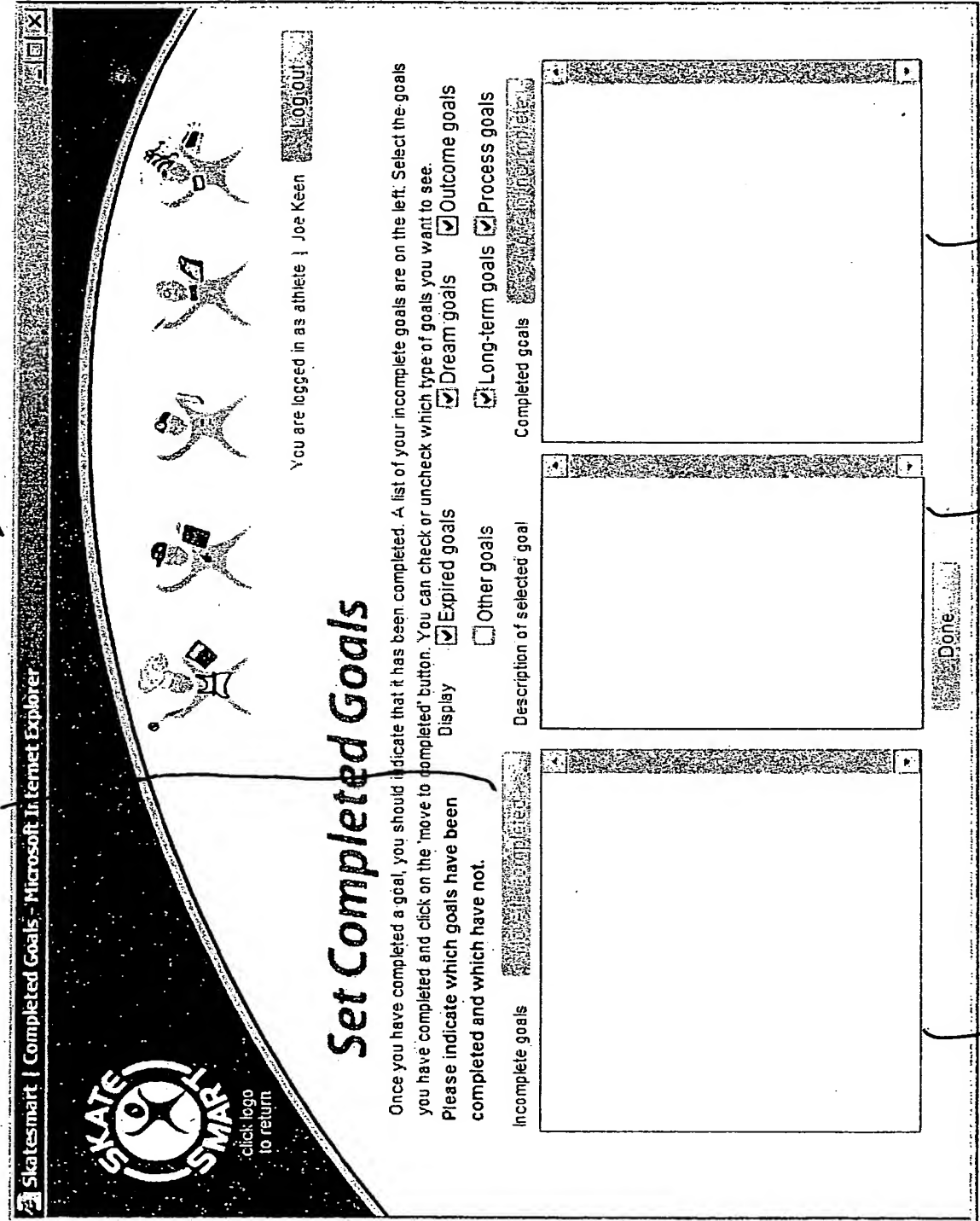
700



701

FIG. 8.

800



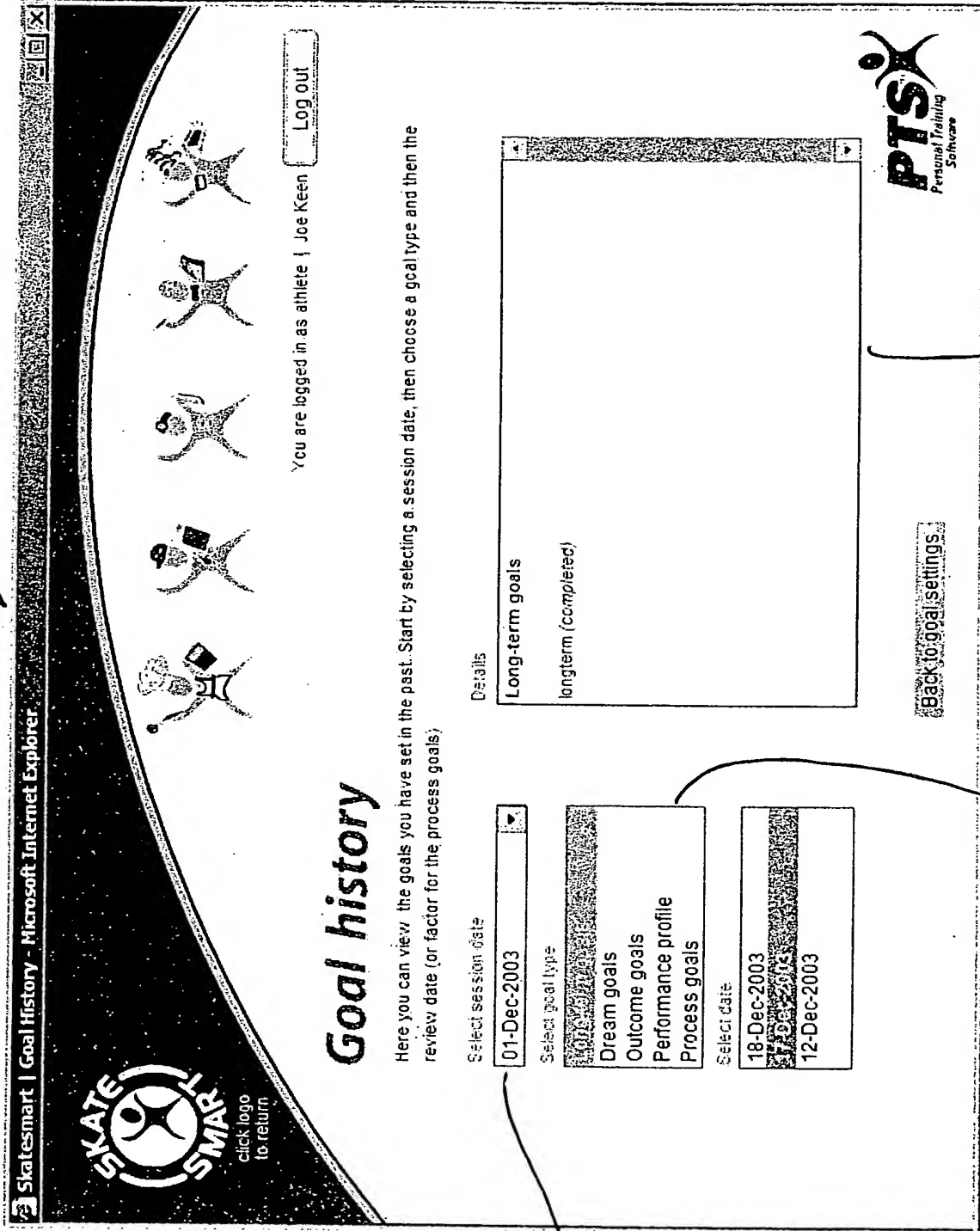
802

803

801

FIG. 9.

900




901


903

902

FIG. 10.

1000





Skatesmart | Activity Assessment - Microsoft Internet Explorer

You are logged in as athlete | Joe Keen


Log Out

Activity Assessment

Use the activity assessment to estimate the daily energy requirements over a 7 day period. You need to enter information for at least 5 days. Try to fill each day's activity as much as possible (e.g. make sure that you include sleep time). Once completed, you can use the "set your diet" link to check your dietary requirements.

Day	Date	
Tuesday	01/06/2004	<input checked="" type="checkbox"/> View/Edit
Monday	01/05/2004	<input checked="" type="checkbox"/> View/Edit
Sunday	01/04/2004	<input type="checkbox"/> View/Edit
Saturday	01/03/2004	<input checked="" type="checkbox"/> View/Edit
Friday	01/02/2004	<input checked="" type="checkbox"/> View/Edit
Thursday	01/01/2004	<input checked="" type="checkbox"/> View/Edit
Wednesday	12/31/2003	<input type="checkbox"/> View/Edit

Assess your Performance



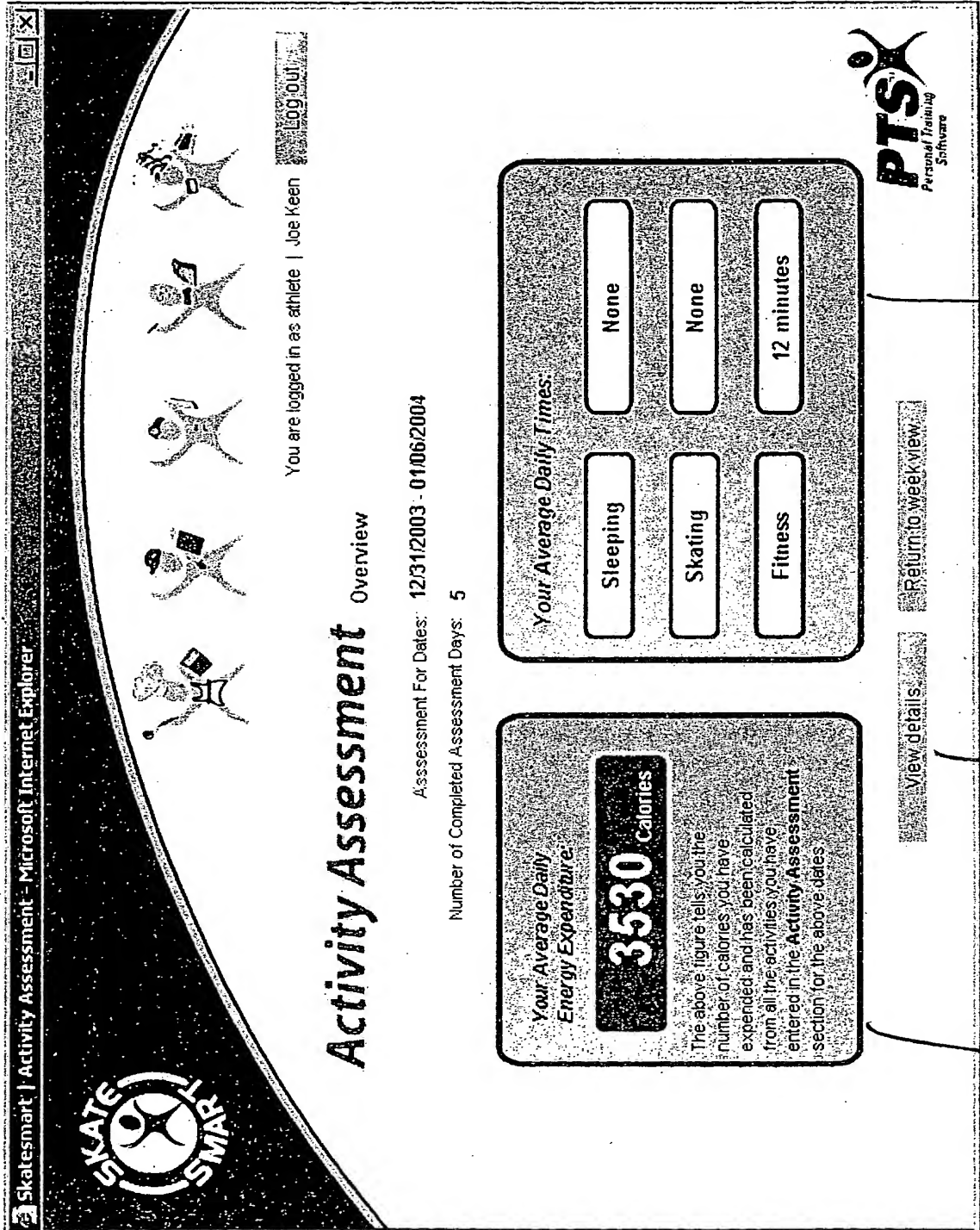
1001

1002

1003

FIG. 12.

1200





1201

1203

1204

FIG. 13.

1300

Skatesmart | Activity Assessment - Microsoft Internet Explorer

You are logged in as athlete | Joe Keen

[Log out](#)

Activity Assessment

Details

Assessment For Dates: 12/31/2003 - 01/06/2004

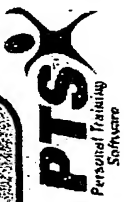
Number of Completed Assessment Days: 5

The following percentage scores represent the relative amount of work you have done in each area. The recommended percentage distribution for an ice skater is shown in the target score column.

Training Area	Your Percentage	Target Percentage
Flexibility	0%	10%
Core stability	0%	25%
Cardio-vascular	0%	35%
Lower body strength	0%	5%
Upper body strength	0%	0%
Local muscular endurance	0%	10%

[View overview](#)

[Return to week view](#)





1301

FIG. 14.

1400

1402

Skatesmart | Set Your Diet - Microsoft Internet Explorer

You are logged in as athlete | Joe Keen

[Log out](#)


Set Your Diet

Click the button to assess your diet.

[Assess my diet](#)

Day	Date	
Today	Jan 6, 2004	View/Edit <input checked="" type="checkbox"/>
Yesterday	Jan 5, 2004	View/Edit <input checked="" type="checkbox"/>
Sunday	Jan 4, 2004	View/Edit <input checked="" type="checkbox"/>
Saturday	Jan 3, 2004	View/Edit <input checked="" type="checkbox"/>
Friday	Jan 2, 2004	View/Edit <input checked="" type="checkbox"/>
Thursday	Jan 1, 2004	View/Edit <input type="checkbox"/>
Wednesday	Dec 31, 2003	View/Edit <input type="checkbox"/>

To assess your diet the system needs to know what you have eaten for at least 5 days in the last week. To do this click on the "View/Edit" button for each day. The checkbox next the "View/Edit" button indicates whether you have entered foods for that day. To assess your diet click on the "Assess my diet" button.



1401

1403

FIG. 15.

1500

Skatesmart | Set Your Diet - Microsoft Internet Explorer

You are logged in as athlete | Joe Keen

[Log Out](#)

Enter Your Diet

Tuesday, Jan 6, 2004

[Breakfast](#) | [Lunch](#) | [Dinner](#) | [Snacks](#)

[Return to Week](#)

[Remove](#)

[Clear All Menus](#)

Fluids

0 cups

1 glass = 7.18 fl. oz.

[Add](#)

Select a Food Type

[Browse for Foods](#)
[Search for Foods](#)
[Favorites](#)
[Most Common](#)
[My Foods](#)

bread & cereals
 fast foods
 dairy
 drinks
 fats, oils & sugars
 fruit & veg
 protein

Select a Group

Select an Item

Select a Portion

Qty 1 portion

[Add to Favorites](#)

[Add to Menus](#)

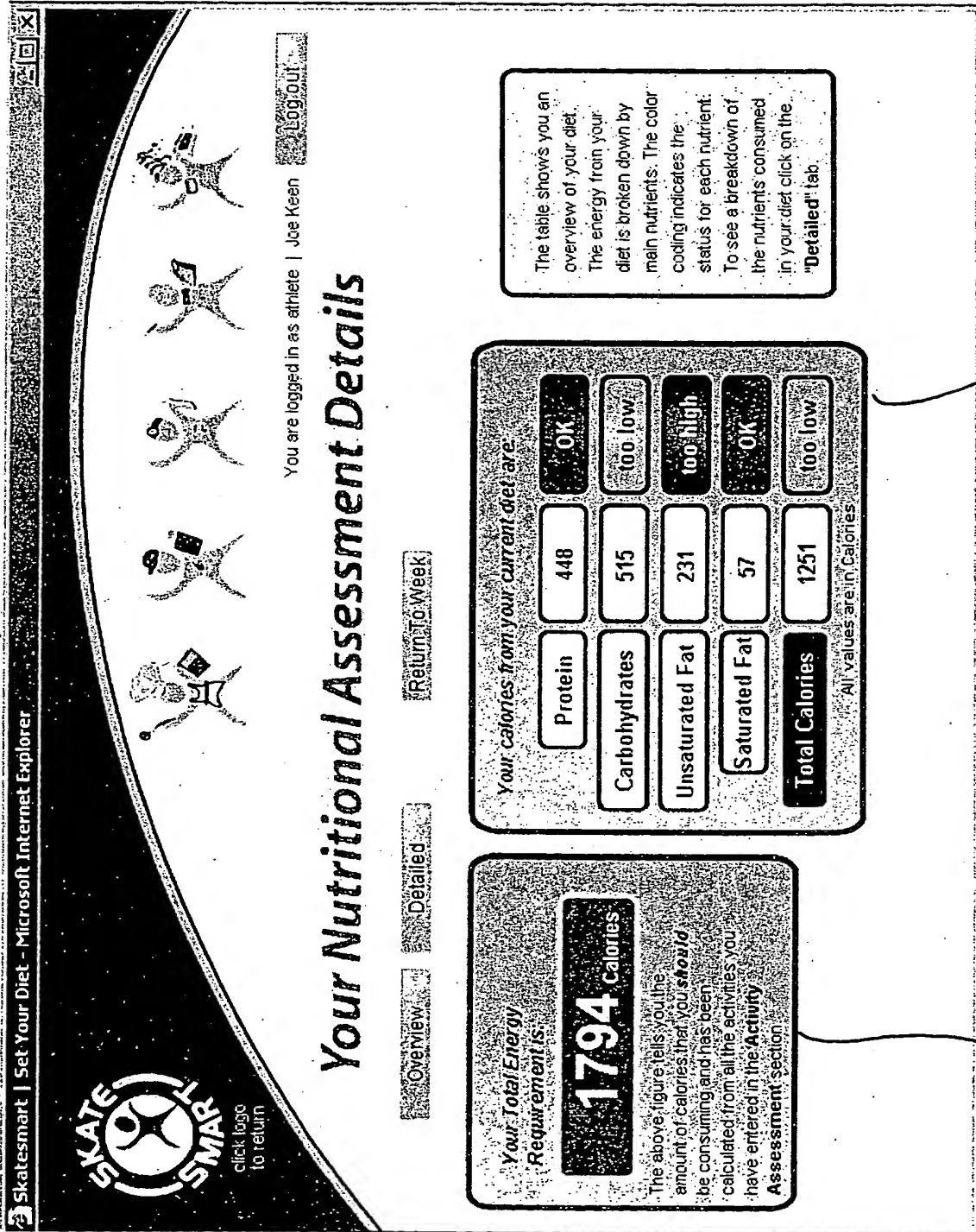
[Add to Favorites](#)

1501 1502

1503

FIG. 16.

1600



1601

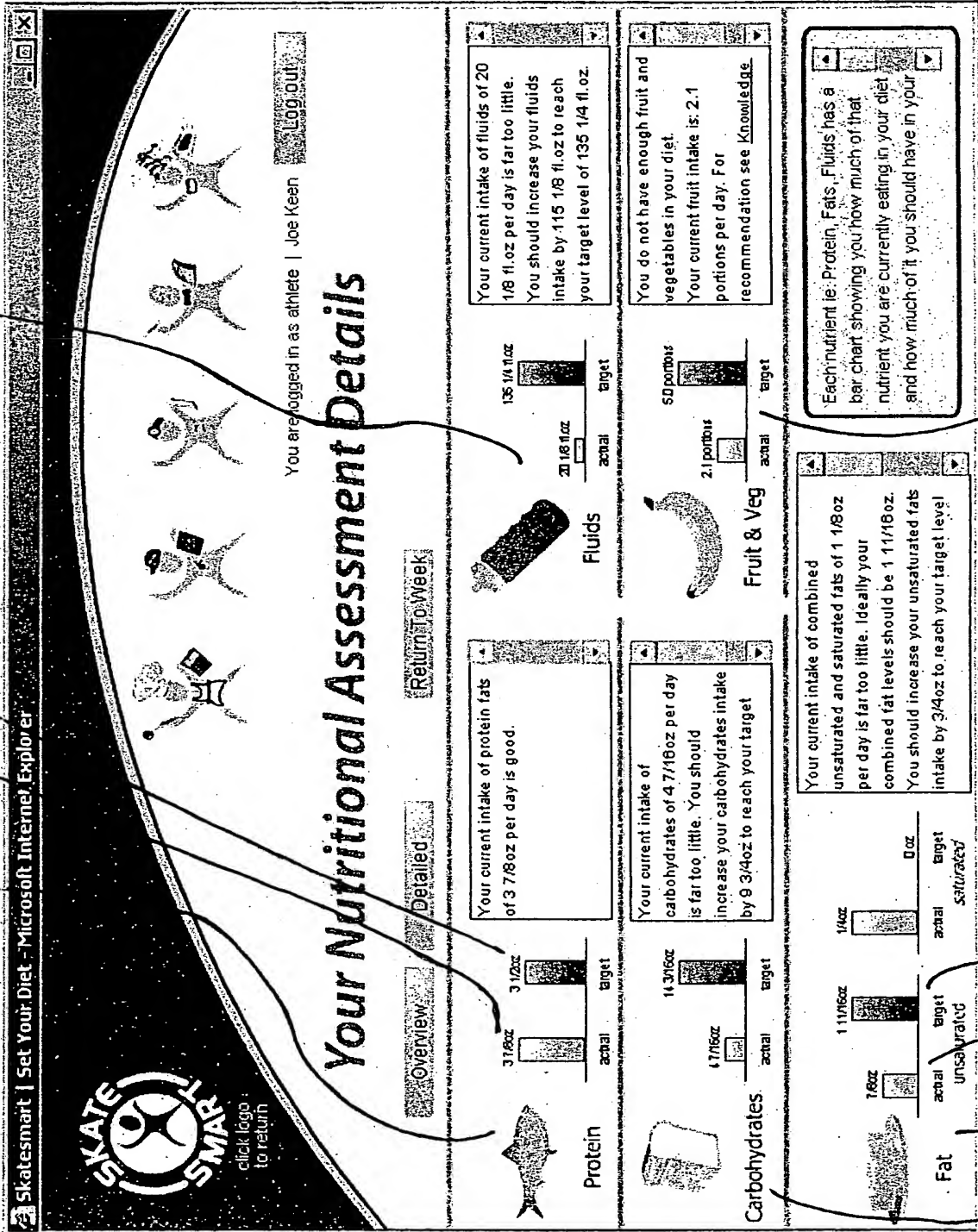
1602

FIG. 17.

1701 1701a 1701b

1700

1704



1702

1703

1703a

1703b

1705

FIG. 18.

1801

1800

1802

Skatesmart | Training schedule - Microsoft Internet Explorer

You are logged in as athlete | Joe Keen

[Logout](#)

Training Schedule

Choose the days on which you wish to train for skating and fitness for the next week, and the system will try to optimise your training and diet.

Day	Morning		Afternoon	
	Skating	Fitness	Skating	Fitness
Tomorrow	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thu Jan 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fri Jan 9	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Sat Jan 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sun Jan 11	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mon Jan 12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tue Jan 13	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

[View saved schedule](#)

[Create training schedule](#)

WARNING:

Only do this if your schedule is empty

Generating a new schedule will currently overwrite any activities already set for the next 7 days (starting with tomorrow) with an automatically generated version.

1803

FIG. 19.

1900

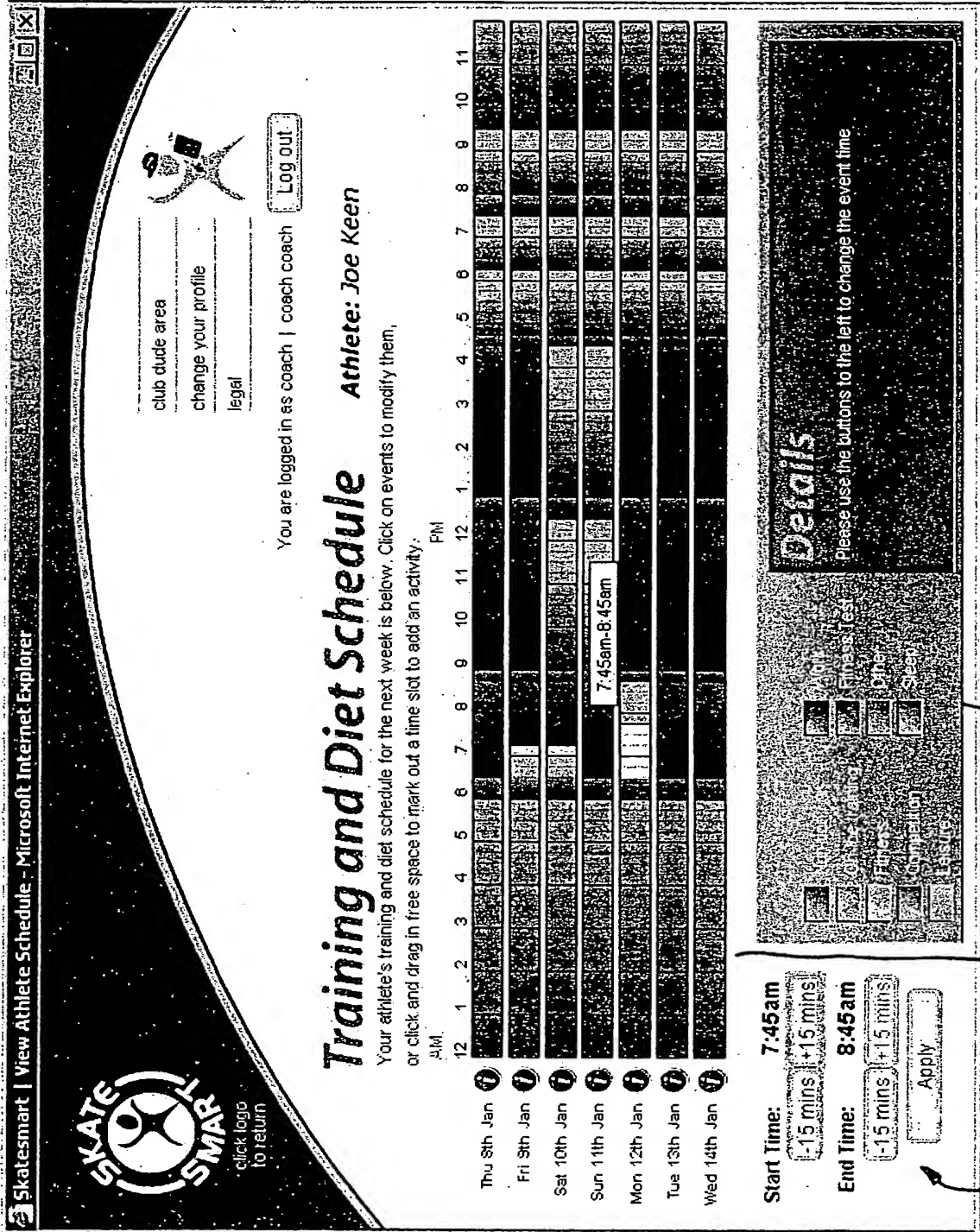
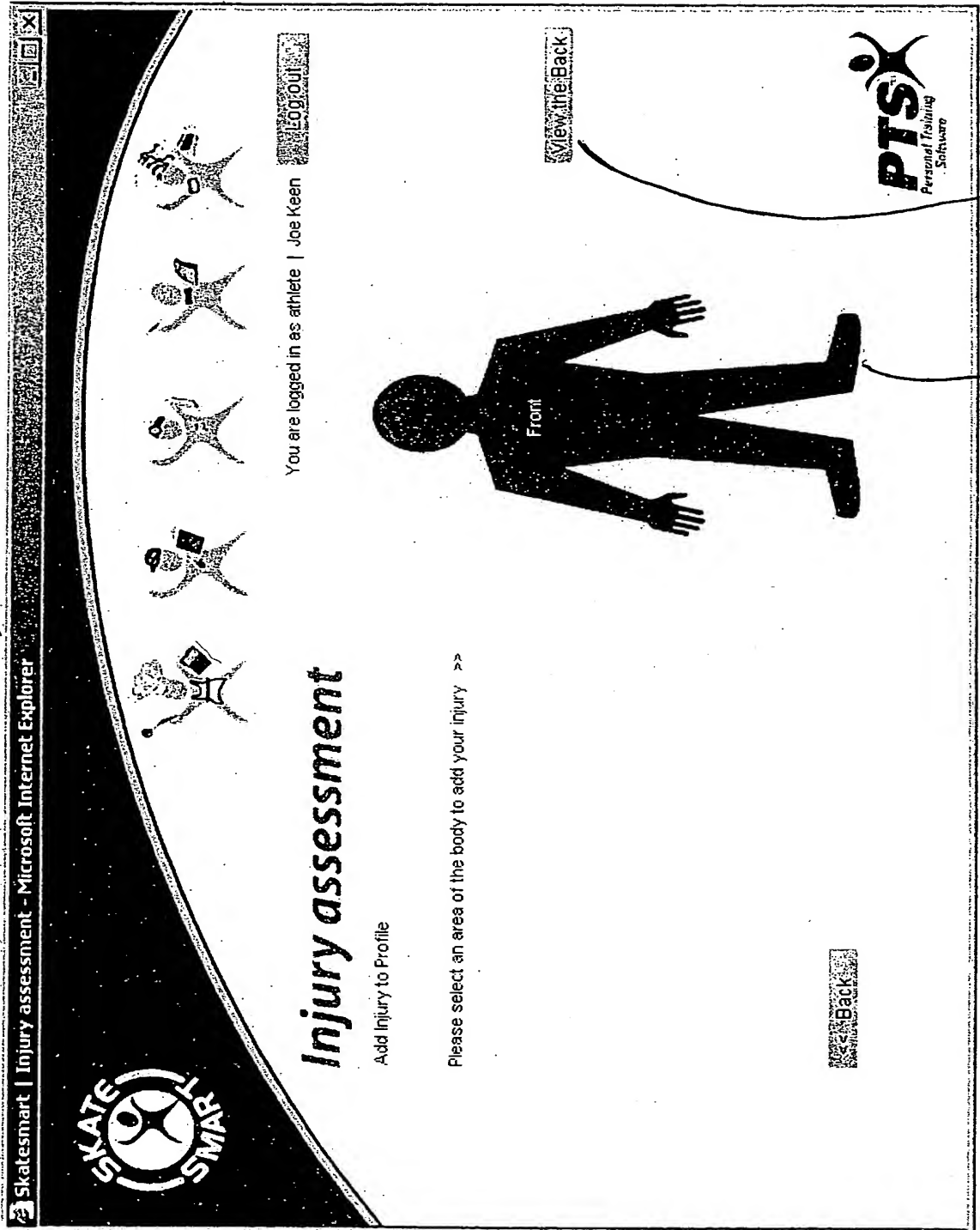


FIG. 20.

2000




2001


2002

FIG. 21.

2100

Skatesmart | Injury assessment - Microsoft Internet Explorer


click logo
to return



You are logged in as athlete | Joe Keen [Log out](#)

Injury assessment

Head and Trunk - Front

Please select an area of the body to add your injury >>

[View Body](#)

Part of Body

ribs

Side of body

n/a

Injuries

external oblique strain

Description

No description found.

Date of Injury

January

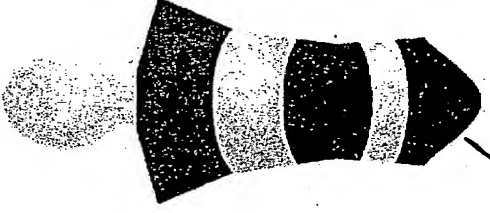
6

2004


Injury status now

none

[Save](#)



[View Body](#)



2103

2102

2101

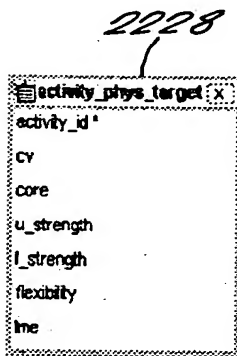
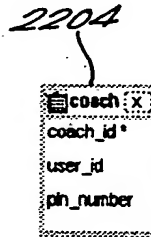
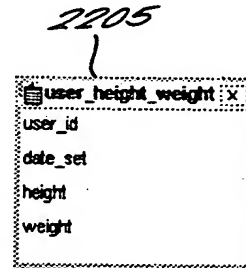
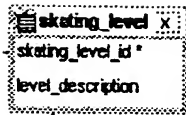


FIG. 22a.

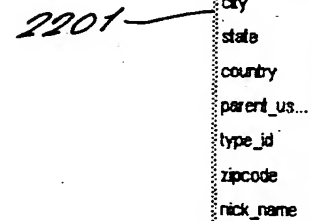
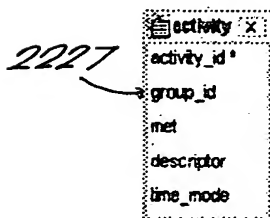
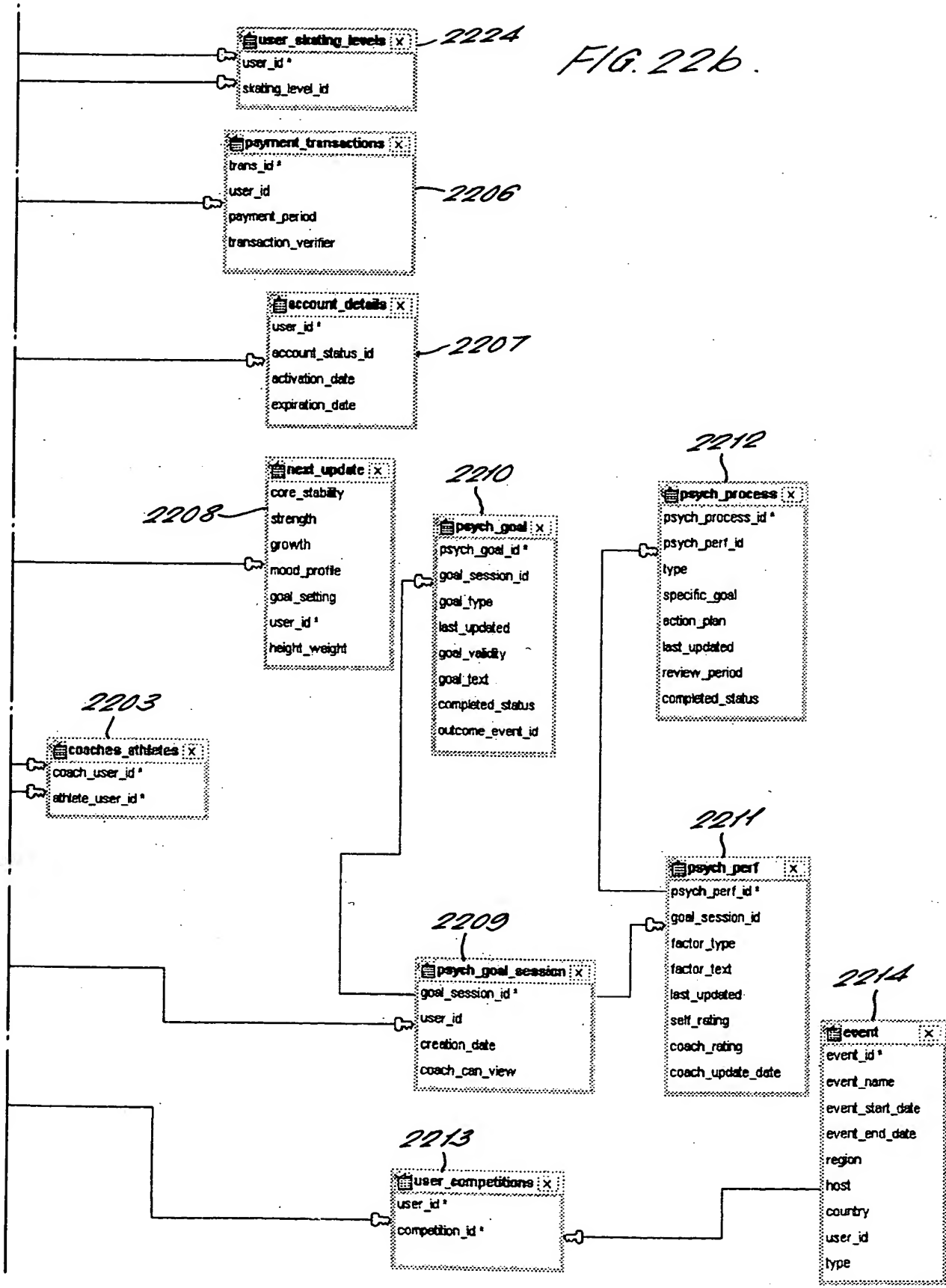


FIG. 22b.



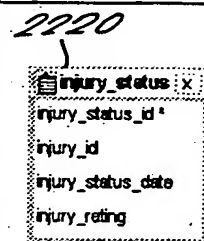
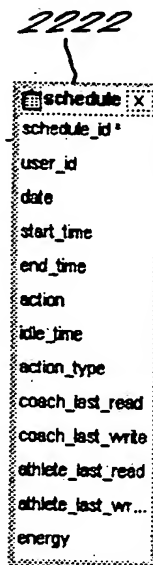
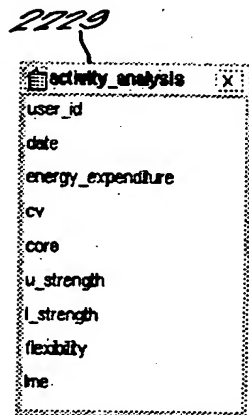
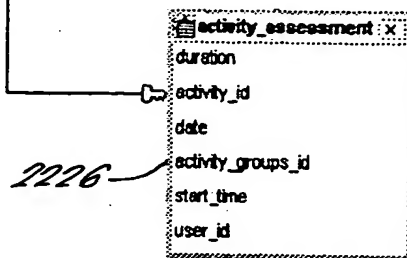


FIG. 22c.

FIG. 22.

FIG. 22a.	FIG. 22b.
FIG. 22c.	FIG. 22d.

FIG. 22d.

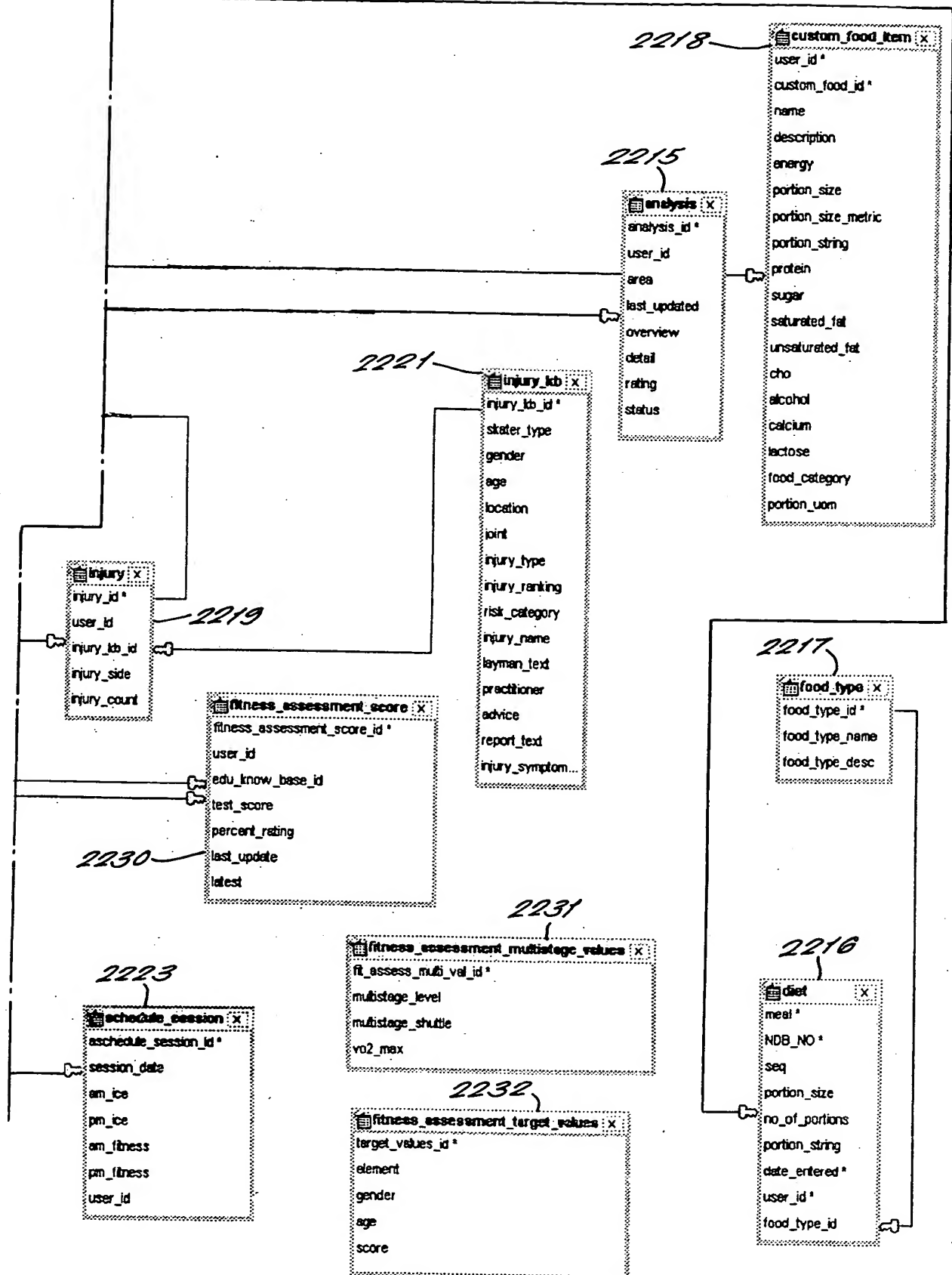


FIG. 23.

